

FORGING THE FUTURE:



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Friday FACTS

30 August 2002

"Leadership, Partnership, and Championship"

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NATIONAL HEART, LUNG, AND BLOOD INSTITUTE

September 2002
National Cholesterol Education Program

September is National Cholesterol Education Month

Research has clearly shown that lowering cholesterol can reduce the risk of developing heart disease. The latest guidelines, the *Third Report of the NCEP Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults*, also known as Adult Treatment Panel III (ATP III), echo these findings. ATP III calls for more aggressive cholesterol-lowering treatment and better identification of those at high risk for heart disease. The materials contained in this year's kit explain key changes in the ATP III guidelines and provide the educational materials and tools needed to implement the guidelines. Be sure to check out NCEP's popular interactive Web page <http://www.nhlbi.nih.gov/chd/>, *Live Healthier, Live Longer*, which has been updated to reflect the ATP III guidelines.

Living with a Healthy Outlook

Women today have busy, demanding lives. You may feel pulled in different directions and experience stress from dealing with work, family, and other matters, leaving little time for yourself. Learning to balance your life with some time for yourself will pay off with big benefits—a healthy outlook and better health.

Steps you can take:

- * Stay in touch with family and friends.
- * Be involved in your community.
- * Keep a positive attitude and do things that make you happy.
- * Learn to recognize and manage stress in your life. Signs of stress include trouble sleeping, frequent headaches and stomach problems, being angry a lot, and turning to food, drugs, and alcohol to relieve stress.
- * Good ways to deal with stress include regular exercise, healthy eating habits, and relaxation exercises (like deep breathing or meditation). Talking to family members and friends can help a lot, too. Many women find that interacting with their faith community is helpful in times of stress.
- * Get enough sleep and rest—adults need around 8 hours of sleep a night.
- * Talk to your health care provider if you feel depressed for more than a few days; depression is a treatable illness. Signs of depression include feeling empty and sad, crying a lot, loss of interest in life, and thoughts of death or suicide. If you or someone you know has thoughts of suicide, get help right away. Call 911, a local crisis center, or 800-SUICIDE.

For free health publications, call the National Women's Health Information Center at (800) 944-WOMAN (9662), 888-220-5446 (TDD), or visit website <http://www.4women.gov>.



Quotas Still Available for November Health Promotion Director Course



There are still a few seats available for military members E-7s and above or civilian staff, GS-9 and above in the 4-8 November 2002 Health Promotion Director Course at Snug Harbor Officers Club, NAB Little Creek, Norfolk, VA. The deadline has been extended to 6 September to request a quota for the course. Please access BUMED message date/time group 181656ZJUL02 for information regarding the procedure to request a quota or E-mail Vickie Haidle at haidlev@nehc.med.navy.mil or Sally Vickers at vickers@nehc.med.navy.mil for more information regarding the course.



*"Nearly all men can stand
adversity, but if you want
to test a man's character,
give him power. "*

Abraham Lincoln,